

Olympic winner, Lindsey Vonn, makes skiing look like a piece of cake, but learning to balance and steer while speeding down the side of a mountain on a slippery slope takes an incredible amount of skill and practice. The last thing you want to do is make it to the bottom of the mountain in the most direct route: straight down! Knowing how to balance, steer, and stop on skis will help you make it to the end of the trail in one piece.

Just standing on your skis sounds pretty easy, right? You aren't even moving yet! However, this can be the most difficult skill for a beginner to learn because the way you stand will determine whether you stay upright or fall down when you do start gliding over the snow. For better balance, keep your feet at shoulder width and point your toes together to make a "V-shape" with your skis. This position is called the snow plough, and it helps give you a sturdy base. Your ankles, knees, and waist should stay loose and bent. Keep your arms out to the sides with your poles planted in the snow until you feel comfortable and balanced.

Once you can stand up, it's time to start moving! If you are a beginner, you might not stay standing for long once you begin to slide. Don't give up! Keep your feet in the snow plough position because it helps you control your speed. The wider you spread your heels, the slower you'll go. The most important thing to remember when you are skiing is to keep your eyes ahead in the direction you want to go. You will be tempted to look down at your feel or the snow, but if that's where you look, that's where you'll end up.

Learning to steer and stop takes a lot of practice, but if you keep trying, you'll get it. To steer, just remember to point your skis in the direction you want to go. If you want to stop, turn sideways by pointing your skis across the hill, Skiing is definitely not as easy as it sounds, so make sure to keep practicing on the

beginner's slope for your own safety (and everyone else's, too)!

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SLEDDING SAFELY

SNOW DAY! School's cancelled, the ground is white, and you want to get out and play! Before you grab your sled and head to Daredevil's Hill, be sure you are protecting yourself from injury.

First, be sure you are dressed warmly.

Wearing layers will keep you the

warmest. When Mom insists you wear a

coat over your jacket over your shirt and
pants, plus

and debris, like rocks or sticks. Also be sure the snow is soft, not glazed over with ice. Finally, be sure the bottom of the hill has a long runoff end. You will need room to come to a stop.

Head to the top of the hill and check the slope. Make sure all of your friends are out of the way before you take your turn. You don't want to cause a pile tipl



We have been working through these paired texts and the kids love reading and learning about things they weren't aware of. The questions bring up great discussions and sometimes even research opportunities too! Great resource!

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until your heart's content. Make sure the hill you'll be flying down is free of trees

'hypothermia: medical emergency when body temperature is too low and can ca

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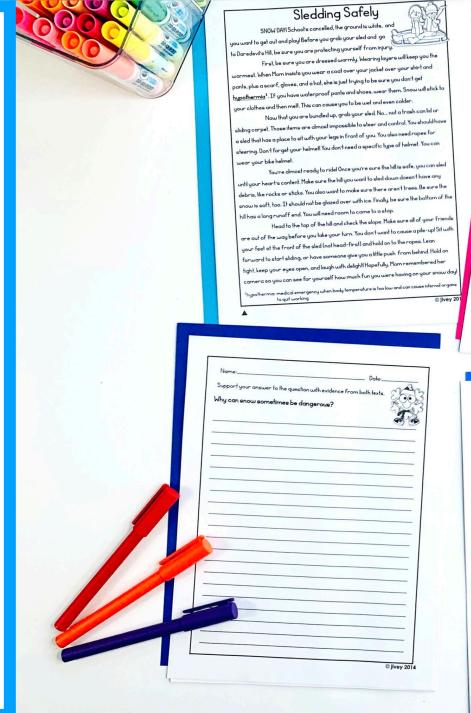


WAYS TO USE THIS RESOURCE:

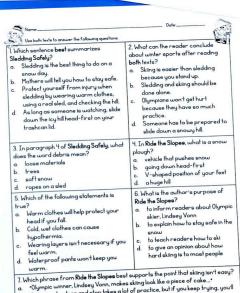
whole group or small group modeling

read and annotate the texts together, then provide the questions for comprehension check, allowing students to use the annotated passages

completely independent practice for students reading above 4th-5th grade level



Ride the Slopes



*Learning to steer and stop takes a lot of practice, but if you keep trying, you'll

*_keep your feet at shoulder width and point your toes together to make a

·V-shape" with your skis..." Your ankles, knees, and waist should stay loose and bent.

FOR EVERY PAIR:

two levels of each passage for differentiation

digital (self-grading) and printable formats

seven multiple choice questions (each question assessing a different standard)

one constructed response essay prompt

two styles of articles: 2-column and full page

RIDE THE SLOPES Olympic winner, Lindsey Vonn, makes skiing look like a piece of cake, but

your feet at the front of the sled (not head-first) and hold on to the ropes. Lean

, Which sentence best summarizes Sledding Safely?

Sledding is the best thing to do on a snow day

Mothers will tell you how to stay safe.

forward to start sliding, or have someone give you a little push from behind. Hold on

tight, keep your eyes open, and laugh with delight! Hopefully, Mom remembered her

Protect yourself from injury when sledding by wearing warm clothes, using a real sled,

As long as someone is watching, slide down the icy hill head-first on your trashcan lid

 $2. \, \mbox{What}$ can the reader conclude about winter sports after reading both

3. In paragraph 4 of Sledding Safely, what does the word debris mean? * $*$ 1 $_{\mbox{\footnotesize point}}$

Olympians won't get hurt because they have so much practice.

Skiing is easier than sledding because you stand up.

Sledding and skiing should be done alone.

Someone has to be prepared to slide down a snowy hill.

learning to balance and steer while speeding down the side of a mountain on a slippery slope takes an incredible amount of skill and practice. The last thing you want to do is make it to the bottom of the mountain in the most direct route: straight down! Knowing how to balance, steer, and stop on skis will help you make it to the end of the trail in Just standing on your skis sounds

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SLEDDING SAFELY

SNOW DAY! School's cancelled, the ground is white, and you want to get out and play! Before you grab your sled and head to Daredevil's Hill, be sure you are protecting yourself from injury.

First, be sure you are dressed warmly. Wearing layers will keep you the warmest. When Mom insists you wear a coat over your Jacket over your shirt and pants, plus a scarf, gloves, and a hat, she is just trying to be sure you don't get hypothermia! If you have waterproo pants and shoes, wear them. Snow will slick to your clothes and then melt causing you to be wet and even colder

Naw that you are bundled up, grab your sled. No... not a trash can lid or sliding carpet because those items are almost impossible to steer and control. You should have a sled that has a place to sit with your legs in front of you, as well as ropes for steering. Don't forget your helmet! You don't need a specific type of helmet. You can wear your bike

You're almost ready to ride! Once you're sure the hill is safe, you can sled until your heart's content. Make sure the hill you'll be flying down is free of frees

and debris, like rocks or sticks. Also be sure the snow is soft, not glazed over with ice. Finally, be sure the bottom of the hill has a long runoff end. You will need room to come to a stop.

Head to the top of the hill and check the slope. Make sure all of your friends are out of the way before you take your turn. You don't want to cause a pile-up! Sit with your feet at the front of the sled (not head-first), hold on to the ropes, and lean forward to start sliding or have someone give you a little push from behind. Hold on fight, keep your eyes open, and laugh or squeal with delight! Hopefully, Mom remembered to grab her camera so you can see for yourself how much fun you were having on your snow

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Support your answer to the question with evidence from both texts. Why can snow sometimes be dangerous?

Use both texts to answer the following questions 1. Which sentence best summarizes Sledding Safely? a. Sledding is the best thing to do on a snow day. Mothers will tell you how to stay safe. Protect yourself from injury when sledding by wearing warm clothes, using a real As long as someone is watching, slide down the icy hill head-first on your . What can the reader conclude about winter sports after reading both texts? Skiing is easier than sledding because you stand up. Sledding and skiing should be done alone. Olympians won't get hurt because they have so much practice Someone has to be prepared to slide down a snowy hill.

- soft snow
- d. ropes on a sled
- 4. In Ride the Slopes, what is a snow plough?
- vehicle that pushes snow
- going down head-first
- V-shaped position of your feet
- 5. Which of the following statements is true?
- Warm clothes will help protect your head if you fall
- Cold, wet clothes can cause hypothermia Wearing layers isn't necessary if you feel warm
- Waterproof pants won't keep you warm
- 6. What is the author's purpose of Ride the Slopes? to inform readers about Olympic skier, Lindsey Vonn
- to explain how to stay safe in the snow to teach readers how to ski
- to give an opinion about how hard skiing is to most people

7. Which phrase from Ride the Slopes best supports the point that skiing isn't easy? "Olympic winner, Lindsey Vonn, makes skiing look like a piece of cake..."

- "Learning to steer and stop takes a lot of practice, but if you keep trying, you'll "...keep your feet at shoulder width and point your toes together to make a "V-
- "Your ankles, knees, and waist should stay loose and bent."

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TWO LEVELS PROVIDED OF EVERY PASSAGE

on grade level for 4-5 AND

on grade level for 6-7

discreet symbols on the passages to denote the level of passage

the same questions can be answered no matter the level given



PASSAGES INCLUDED:



winter sports: how to ski and sled safety

frost (informational paired with the Russian Fairy Tale, "King Frost")

ANSWER KEYS NOTE CORE STANDARDS

Snowflakes

The water cycle is never-ending. Evaporation happens when e sun heats the water in our oceans, lakes, rivers, and other bodies of uater. Water takes the form of a gas called vapor, and rises into the atmosphere. As he vapor rises, it begins cooling. When the vapor cools, it turns back into tinu water droplets. This process is called condensation. For those water droplets to form though ey need something to stick to. There are dust particles in our atmosphere, and those ieces of dust actually become the center of the droplets. All of the tiny water droplet ome together to form clouds. Sometimes the air is so cold that instead of water broplets ice crustals form on those specks of dust. When the clouds become too eavy, precipitation occurs. Rain is the most common form of precipitation. Howeve ain is not what you will see if the temperature is below freezing. If it is below freezing

Snowflakes can be made of as manu as 200 ice crust x-sided figures). These begutiful, unique creations can olumns, stars, needles, or even triangles. Although you i olecules that form the ice crystal can arrange thems aus. Snowflake formation is also affected by temper is the ice crystal falls to the ground, water vapor in the Ther Armation is dependent upon temperature and humidity. reezing. If it is below freezing, the flakes could <u>acc</u> now angels, building snowmen, and having snowbal

BENTLEY'S SNOW CRYSTALS

old farmer in Vermont. He surprised the world with the first photograph of a snow crystal. In the next 46 years of his life, he

It all started when Bentley was fifteen. His mother bought him a microscope. He close. But, he was disappointed each father bought him a camera. He combined his microscope with his

took several more pictures throughout hi life. He also collected data when he say He gave lectures and published articles

branches and side branches off of the plate

RIDE THE SLOPES

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King Frost

Once upon a time there lived an old man and his wife. She had one aughter of her own, and he had one of *his* own. And the old woman took a dislike to er step-daughter. Whatever her own daughter did, she praised her for everything ind stroked her head, but whatever her step-daughter did, she grumbled at her and colded her for everything, it was simply dreadful. And the old woman began to want drive her step-daughter off the face of the earth, and she said to her husband: "Tak er away into the dark forest, and let the frost freeze her to death." So there was othing for the old man to do but harness his horse to the <u>sledge</u>1, put his daughter in i and drive her off into the forest. And he brought her right into the middle of the forest et her down on the snow, and drave off home

And there the little girl sat in the forest all alone, shivering with the cold. When lo and hold! there was old King Frost coming towards her, and he said: "Hullo, little girl, are n?" And she answered: "Yes, King Frost." Then he blew a cold breath on to her asked: "Are you warm, little girl?" And she answered: "Yes, King Frostl" Then ake it still colder, he made the branches crack, and covered them with such cold, that you could hear the air creaking. Then he asked her again: "Well, little ___are you warm now?" And she answered: "Yes, King Frost!" And when he saw that she was a good girl, he felt sorry for her. So he put on her a fur coo ind so I'll stop. Here's a little present for you from King Frost." And he brought her a runk full of all sorts of things, silver and gold, and bright-colored stones. Meanwhile her step-mother was saying to the old man at home: "I expect your daughter's frozei y now. Go into the forest and bring her back." So he harnessed his horse to the sledge

ing Frost give her a share too! The old re ddenly, there was King Frost coming And she answered: "What's that got to il King Frost grew angry and blew a Are you warm, little gir!?" And shr give me the presents, and then go er. And he kept making it colder and t forget to take the trunk and the fine

uards home. She said to herself all in silver and in gold. -p, and it was too true. Instead o

frost is called rime. This forms in very cold

wet areas. Ships that travel through the

crops, Many people would say, Old Man

Arctic Ocean will often have rime

You might hear the

people of frost by giving a

This is because frost can be ver

snikes Pennle used to say that lack Frost

in the morning, the frost will melt quickl

called radiation frost. This is when tiny

outside. Advection frost forms when it is

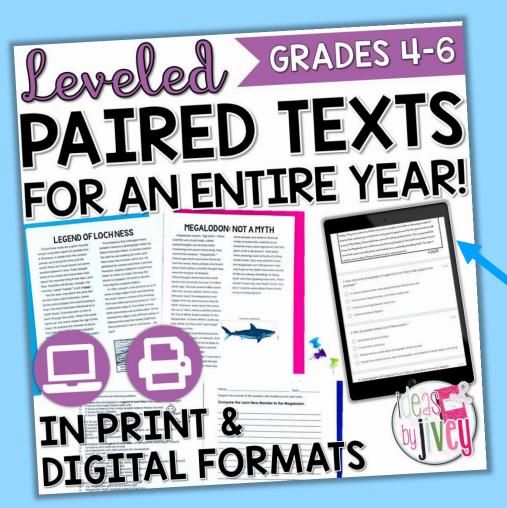
crystals form on uncovered objects

It didn't snow last night, so what is tha

have told legends including characters

like Tack Frost and Old Man Winter but

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check

I ended up buying this bundle because each of your paired texts resources are so wonderful! I wanted them all! A Must Have ELA resource!